

## National Marching Band Champions Itinerary Saturday, November 8<sup>th</sup>, 2008

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|----------|---|
| 6:45 am  | Band report time in casual clothes with marching shoes. Attendance taken  |
| 7:00     | On practice field, stretch and body warm up/wake up, Basics, Field Rehearsal (cleaning music and drill) & Runs  |
| 8:00     | End Rehearsal → Cases, equipment, and instruments to truck and load truck.  |
| 8:50     | Load and Board Buses.   |
| 9:00     | Depart for Naval-Marine Corps Memorial Stadium (Naval Academy)  |
| 9:45     | Arrive Naval-Marine Corps Memorial Stadium (Naval Academy). Change into uniform, get instrument from truck, use bathroom, etc.  |
| 10:10    | March to Warm-Up Area   |
| 10:15    | Warm-Up   |
| 11:20    | Leave warm-up area and march to stadium gate  |
| 11:37    | Gate time – start breathing exercises staying focused   |
| 11:52    | <b>PERFORMANCE!!!!!!!!!!!!!!!!!!!!</b>  |
| 12:07 pm | March out of stadium to truck, change clothes in bus, wear <b>warm</b> clothes that is RHS Spirit wear – Orange and/or Navy Blue (GO RESERVOIR!!!!). Eat lunch via Concessions ( <b>BRING MONEY</b> ) and sit in stands watching remaining bands. Reservoir ALWAYS sits together ( <b>meet in section 2 or 29 depending on what side of the stadium bands are sitting on</b> ; together we are one!!!!)!!!!!!!! <b>REMINDER</b> , be on your best audience behavior regardless of other bands behavior. |
| 3:15     | Awards Presentation. Following completion of Awards, move to bus. Take attendance   |
| 4:15     | Depart Naval-Marine Corps Memorial Stadium (Naval Academy).   |
| 5:00     | Arrive Reservoir High School. <b>EVERYONE</b> unloads the truck, clean up buses and band room. No one leaves until all jobs are finished  |
| 5:30     | GO HOME and be proud of what you have accomplished today!!!!!!!!  |

### **REMINDERS FOR THE DAY:**

- Be sure to get a good nights sleep on Friday because Saturday is a long day
- White Socks & White Marching Shoes
- Gloves
- White T-Shirt to wear under uniform
- Plain white underwear
- Warm Clothes (Reservoir HS Clothes or Orange or Navy Blue for Awards Ceremony, if possible)
- Complete Band Uniform (Pants, Jackets, Vestee, etc.)
- Bagged lunch & money for dinner food via Concessions at Show
- Positive mental attitude

This is the National Championships. This is the final performance of the season. As you are preparing for your performance think about the journey we have all made together and recommit yourself to ending the season with our best performance of the year. It doesn't get any bigger than this. The most bands, the biggest stadium, the last show of the year, and the last time some of you will put on the uniform. **ENERGY & EFFORT!!!!!!!!!! EARN IT!!!!!!!!!!** Seniors, this the last time you will perform with the Reservoir Marching Band; end your career with the best perform in RHS history!!!! Work hard to prepare yourself both mentally and physically to be at your best. Make sure you are well rested so you are both physically and mentally prepared for the challenges you will face. As always, I am looking forward to the show very much!!!! **YOU ROCK!!!!!!!!!!!!**

Mr. Dubbs